

TIPS FOR PARENTS

Grow Your Own Garden



During today's session, we talked about growing vegetables. We did a few activities to help your children learn about good nutrition and to help them get ready for school. This sheet will give you some more ideas.

Today's Learning Activities:

- Listened to music about gardening: *Dirt Made My Lunch* by Banana Slug String Band
- Read *Growing Vegetable Soup* by Lois Ehlert
- Talked about why gardening helps families
- Planted a seed in a container for growing at home



How You Can Continue This Learning:

As a parent, you are your child's first teacher. You can help them learn more about gardening by doing some of the same activities we did today. You can also do some new ones. Here are some ideas:



Other Books You Might Read:

- *The Carrot Seed* by Ruth Krauss
- *Oliver's Vegetables* by Vivian French
- *I'm a Seed* by Jean Marzollo
- *Tops and Bottoms* by Janet Stevens
- *Ugly Vegetables* by Grace Lin

Other Activities:

- **Music:** "Garden Song" from Charlotte Diamond's *Ten Carrot Diamond* album or "Oats and Beans and Barley Grow" from Raffi's *Baby Beluga*
- **Science:** Sprout a seed in a clear jar, such as a baby food jar and put a moist towel and bean in. Leave the lid off. Put the jar on the window ledge and watch the bean grow. Parents will want to keep the towel moist.
- **Cooking:** Make vegies and dip, or soup or salad recipe using garden vegetables.
- **Physical Activity:** Dig a garden outside, pick berries at a farm, go to a pumpkin patch.
- **Math:** Put out different produce and have children put them together by color, size or shape. Count how many days it takes to grow your plant.
- **Social Studies/Geography:** Field Trip — go to a farm nearby and talk about how plants are grown.